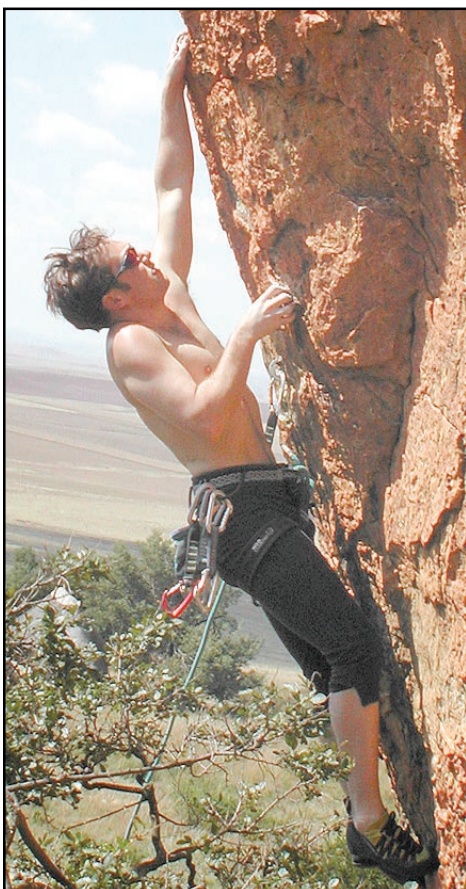


# 221st BSB – Wiesbaden, Wackernheim, Dexheim



Photos by Tanja Wittman

Rock climbing enthusiast and Wiesbaden Outdoor Recreation center 'adventure expert' James Desormeaux searches for a handhold while Mike Roberts belays a nylon rope during a rock climbing weekend adventure in Schriesheim. Photo below: Desormeaux struggles with the pull of gravity on his way to the top.



## Climber conquers heights

By G. J. Desormeaux II  
Wiesbaden Outdoor Recreation Center

Standing at the bottom of the crag, soaked in sweat, shaking with muscle fatigue, I look over at Mikey. "Nice climb," he says in his South African accent. It was one hell of a climb, a climb I've been working on for quite some time now. It goes to show that hard work and perseverance can overcome any difficulty one sets their mind to over conquering.

In my mind's eye I can remember every step it took me to get here, each motion and movement burned into my very bones. I can still see myself roping up, checking all my knots and peeking over at Mikey; I'm hoping for a bit of encouragement or maybe just a bit of courage. Eying the red sandstone as it glows like El Dorado in the midday sun, committing every grip, every imperfection of the stone to memory, I chalk my hands and mentally prepare myself for my conquest.

"On belay."

"Belay on." Mikey's required response.

Placing my hands gingerly on the first holds and locating the proper foot placement, I commence my climb.

"Right hand up, left foot, right foot, right hand pop to the next hold, left hand under cling." Like a devotee reciting a Buddhist mantra I mentally, and sometimes verbally, talk my way through each memorized hand and foot position. From small crimps to large jugs I dance my way up the face of the rock, always looking ahead for what will come next.

I finally make it through the face-climb portion. Sliding two fingers into the small pocket created by the V shape of the two rock faces coming together, I transfer my body weight away from my feet. Pulling hard on the pocket and ever so gently placing my right foot on the right face, left foot on the left face, I slowly apply pressure to the balls of my feet, hoping and praying they stick to the rock.

"They stick." My silent exclamation screams through my mind. From here on out I know I've got it. Delicately I shift my feet upward while finding tiny protrusions in the

stone for my fingertips. Cautiously I work my way through the maze of subtle indents and changes in the surface of the crag, feeling my feet slip from time to time under my weight, knowing that the ground is a long fall below me.

Finally I come to the last and final challenge in my endeavor. I press my body upward, reaching deep into a jug formed by the sudden jutting out of the rock face. With muscles flexed, sweat burning my eyes, legs pushing me away from the surface while my fingers cling to their precarious hold, I move into the layback position. My forearms bulge to the point of bursting as I walk my hands up the crack in the rock.

With the last of my almost depleted energy, I mantle the top. Looking down at Mikey my pride swells with the knowledge that I have finally done what I have set out to accomplish. I have reached the top, the goal I have strived for is now a prize for me to cherish. As I am lowered to the ground I spy my next feat and prepare to start anew.



## Heat wave poses health risks

By Cassandra Kardeke  
221st Base Support Battalion  
Public Affairs Office

In what is widely being called one of the hottest summers in 50 years, temperatures in Europe have continued to rise throughout what are typically known as “the dog days of summer.”

Because of the rising temperatures safety officials urge United States Army personnel to pay heed to the heat.

“We look to leaders to take special precautions and care with their staff, particularly those who are working directly outdoors or are undertaking strenuous activity. Even those working indoors are subject to extreme heat and should consider appropriate measures,” said Lt. Col. Christopher Franks, 221st Base Support Battalion commander.

“Our primary goal is to prevent emergencies by educating the community about how they can protect themselves and their families from heat-related illnesses,” said Michael

Chaison, station manager for the American Red Cross in Wiesbaden.

The most important tip provided by the Red Cross is to drink water, and lots of it. “Carry water or juice with you throughout the day and drink continuously, even if you do not feel thirsty,” said Chaison. Although sports drinks such as Gatorade can help replace important nutrients that are evaporated from the body in extreme heat, too much can be a bad thing.

“A lot of sports drinks contain a high amount of salt, and that can be bad for people with high blood pressure or a heart condition,” said Barbara Smith, Wiesbaden occupational health nurse.

Although temperatures in Europe are not nearly as high as those in Iraq where many area soldiers are deployed, Smith advised soldiers and family members who do drink a lot of the sports drinks to dilute them with water. “Water tends to get old and many people want to add flavor. If you must, just add the sports drink to water. That way you

put important nutrients back into your body and are not overdoing it,” she said.

Dress for the heat and stay indoors when possible. This gets difficult in a country not accustomed to air conditioning; however, just staying out of the sun and avoiding strenuous activity can prevent a lot of heat related illnesses.

“This is definitely not the time to be out doing a lot of exercise. If you must do physical exercise, do it during the coolest part of the day in the morning hours,” said Chaison. “Everyone is at risk when temperatures rise above 90 degrees, but the elderly and the very young are more susceptible to heat and heat related illnesses.”

As German hospitals were flooded with heat related injuries and deaths “we in Wiesbaden are very fortunate to not have had many occurrences, but that doesn’t mean they don’t happen,” said Smith.

Heat stress is accumulative and can lead to severe injuries or death

if not treated. “If you have an employee who you know isn’t handling the heat well, check on them frequently and encourage plenty of breaks, especially people in warehouses or who work independently,” said Smith. Watch for signs of heat related illness such as cramping of the lower legs or abdomen, profuse sweating, headache, nausea or vomiting.

Move victims of heat related illnesses to a cool place. Give them cool water to drink and apply ice packs or cool wet cloths to their skin. If a victim refuses water, vomits or loses consciousness, get help immediately.

“Be tolerant and patient. Heat causes irritability in us all and can raise tempers,” said Lt. Col. Ron Keen, Wiesbaden Health Clinic commander.

As the dog days of summer draw to an end and much of Europe remains in a heat wave, be alert to the temperatures both indoors and out. Dress appropriately and drink lots of fluids, said officials.

## Common injuries

The following are the top three most common heat-related injuries, their symptoms, signs and treatments:

- **Heat cramps:** Symptoms have a slow onset and include cramping of lower legs, abdomen and profuse sweating

- **Heat exhaustion:** Symptoms include profuse sweating, headache, shortness of breath, nausea and vomiting. Look for pale skin, trembling, weakness, rapid heart rate or thready pulse.

- **Heat stroke:** Symptoms include irritability, poor judgment, bizarre behavior, confusion, profuse sweating, vomiting and diarrhea. Heat stroke can come on rapidly causing seizures, tremors, coma and renal failure.

If you or someone you know is possibly suffering from a heat related illness, seek help at the nearest health clinic.

## Adventure awaits with Outdoor Rec

Commentary by Joe Harris  
Special to the Herald Union

Just what is Outdoor Recreation all about? It’s the big “R” in MWR — Morale, Welfare and Recreation.

Not just a check-out center or rental facility, Outdoor Recreation is an entire world of exciting sports, which include everything from leisure to extreme. The majority of the people who are already into Outdoor Recreation activities usually lead a different lifestyle and have a different outlook on life, the environment and reality. We’re always on the lookout to add more people to the group of outdoor recreation enthusiasts.

Alternative sports is one way to view what the Outdoor Recreation program is all about. Gyms and aerobic halls of the world are cool for a while, but even in the world’s best sports and fitness facilities the scenery never changes. There is only so much one can do in a fitness center, but there are no limits to what is available outdoors.

Why push the pedals on a stationary bicycle inside the same four walls while smelling the same dry, recycled air when you can be outside biking and breathing in the fresh air, enjoying the countryside somewhere in Europe?

There are many activities and types of sports to participate in, either by yourself or in the company of friends, family or complete strangers. Here is a short listing of activities, classes, events, excursions, programs and sports that are offered by your local Outdoor Recreation and Education Centers:

bouldering, bungee jumping, canoeing, fishing, hiking, ice skating, in-line skating, kayaking, mountain biking, mountaineering, orienteering, paragliding, parasailing, rafting, rappelling, road biking, rock climbing, sailing, scuba diving, shopping trips, sightseeing tours, skate boarding, skiing, skin diving, sky diving, snowboarding, white water rafting — and the list goes on. For an inside look at rock climbing see the feature article on page 6 of this issue by one of our own rock-climbing enthusiasts.

The Outdoor Recreation Center is also a place to go to maintain your personal bicycle or your skis and snowboard equipment. Many programs provided are self-guided, but there is a full range of classes and instruction offered and available on a regular schedule or upon request. These are by far less expensive and are of the same quality as similar programs offered stateside.

The Department of Defense and U.S. Army have provided you, the soldier, civilian, retiree or family member, with one of the best Outdoor Recreation and Education programs in the world, and all for a minimal fee. Wiesbaden’s Outdoor Recreation Center has been named by MWR as the best in the U.S. Army.

Take advantage of your “European vacation” while stationed here. Stop by your local Outdoor Recreation Center and sign up for an adventure tour in the great outdoors.

**Editor’s note: Joe Harris is the Outdoor Recreation program manager for the 221st Base Support Battalion.**



Photos by Cassandra Kardeke

Ray Suero and James Desormeaux load kayaks outside the Outdoor Recreation center at Wiesbaden Army Airfield. Both the Wiesbaden and Dexheim Outdoor Recreation Centers offer alternative sports opportunities such as canoeing, white water rafting, rock climbing and paragliding, as well as tours throughout Europe.



James Desormeaux, outdoor recreation aid and adventure programmer at Wiesbaden’s Outdoor Recreation Center, checks, cleans and repairs a bicycle chain in the center’s bicycle repair shop. Desormeaux has been cleaning up and making repairs for cyclists in preparation for the United States Army Europe Mountain Bike Championships, which will take place in Dexheim Aug. 23. For more information on the USAREUR event call Outdoor Recreation at mil 337-5760 or civ (0611) 705-5760.



# 221st BSB – Wiesbaden, Wackernheim, Dexheim



Photos by Cassandra Kardeke

## ***All together now***

Parents and children line up for the water balloon toss during National Night Out Aug. 5 in Hainerberg Shopping Center. Over 220 people attended the free event sponsored by the National Police Association and the Neighborhood Watch program to help neighbors get to know each other and be more alert to what is happening in their communities. Besides enjoying free food provided by the USO and Wiesbaden Commissary, youths were able to have their bicycles and skateboards registered and participate in a bike rodeo. Parents were able to visit the 'ID a Kid' booth to have their children fingerprinted for their family files. Volunteer registration was promoted for the Safe Neighborhood Awareness Program. Volunteers are still needed. Call civ (0611) 705-5034 to sign up for the SNAP program.



Photo by Maj. David A. Accetta

## ***New AAFES commander***

In a traditional change of command ceremony earlier this month Maj. Gen. Kathryn G. Frost (left), commander of Army and Air Force Exchange Service, hands the AAFES-Europe unit colors to Col. Shelley A. Richardson after receiving them from the outgoing commander, Col. William H. Taylor III. Richardson is the first female officer to command the AAFES-Europe region since its inception over 50 years ago.



# 221st BSB – Wiesbaden, Wackernheim, Dexheim

## Community news notes

### Sunday school

Sunday school will meet Sept. 7 from 9:30-10:30 a.m. at Hainerberg Chapel and 11:15 a.m. to 12:15 p.m. at Wiesbaden Army Airfield Chapel. For details call mil 337-1570 or civ (0611) 705-1570.

### School physicals

The Wiesbaden Health Clinic and 221st Base Support Battalion Youth Services will sponsor a free sports physical and immunization clinic Aug. 26 from 1-5:30 p.m. at the Youth Services gym. Youths must be accompanied by a parent and bring current shot records.

### McCully hours

The McCully Fitness Center is open Monday to Friday from 6 a.m. to 8 p.m., Saturday and Sunday from 8 a.m. to noon. It's also open from 6 a.m. to 8 p.m. on training holidays, closed on federal holidays. Call mil 334-4737 or 4725 for details. The McCully Library is open Monday, Wednesday and Friday from 10 a.m. to 7 p.m. It's closed from 2-3 p.m. Call mil 334-4783. The McCully Auto Skills is open Thursdays from noon to 8 p.m. and Saturdays from 10 a.m. to 6 p.m. Call mil 334-4880.

### How fit are you?

The Dexheim Sports and Fitness Center offers free, full body fitness assessments to community members. The physical assessment measures blood pressure, heart rate, weight and body fat, cardiovascular endurance, muscular strength and flexibility.

Aerobics classes are offered at the at a cost of \$2 per class. Stop by the Dexheim Sports and Fitness Center in Building 6321 on Anderson Barracks or call mil 334-5746, civ (06133) 69-746 for details.

### German classes

Dexheim Army Community Service offers free German language classes for beginners Wednesday and Thursday from 6-8 p.m. Call civ (06133) 69-716 to register.

### Outdoor Rec trips planned

Wiesbaden Outdoor Recreation features the following trips: **Fishing in Limburg**, \$35, Aug. 31; **Main River canoeing**, \$15, Aug. 20; **Hiking at Heidelberg Castle**, \$20, Aug. 22; **Skate trip to Heidelberg**, \$20, Aug. 22; **Lego Land**, \$50-60, Aug. 22; **Petting Zoo**, \$10, Aug. 24; **Bike trip to Diez and Schaumburg Castle**, \$15-20, Aug. 25; **Bike trip to Heidelberg Castle**, \$20-25, Aug. 22; **Nahe River kayaking**, \$15, Aug. 27; **Camp Darby, Italy** \$185, Aug. 29-31; **Taunus Wonderland**, \$30-40, Aug. 30. Call civ (0611) 705-5760 or (06133) 69-818 for information.

### Job openings

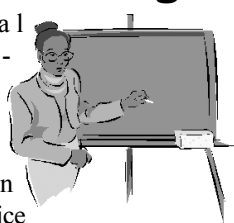
The Wiesbaden Thrift Shop seeks a manager, bookkeeper and cashier. Stop by for details. Army Community Service seeks a registered nurse to work with its new parent education program. Call Dr. Vidal at civ (0611) 532 9842. (Courtesy of James Federline)

### WATCH sale

Wiesbaden Area Teachers of Children at Home will host a used curriculum and children's used clothing sale Sept. 16 from 6:30-8:30 p.m. at the Army Community Service cafeteria in Hainerberg Housing. Call Kellie Coombs at civ (0611) 238 4722 for information.

### Teachers sought

Central Texas College seeks instructors to teach courses in criminal justice and early childhood development. The University of Phoenix seeks instructors for its master of education and master of business administration programs. Call mil 337-5559



or 7435 for details.

### Single Parents

Join the Single Parent Support Group to meet friends, share ideas and provide support to other single parents every first and third Wednesday of the month from 11:30 a.m. to 12:30 p.m. at Dexheim Army Community Service. A free lunch is provided. Call mil 334-5716.

### Dealing with deployment

A dealing with deployment class meets every second Tuesday of the month at 1 p.m. and every third Tuesday of the month at 7 p.m. at Wiesbaden Army Community Service, Building 07790 in Hainerberg Housing. Call mil 337-5034 or civ (0611) 705-5034 for details.

### Hearts Apart

Dexheim Army Community Service offers a support group for spouses of deployed soldiers every Tuesday at 10 a.m. Call mil 334-5716 or civ (06133) 69-716.

### Teaching youth

Wiesbaden Child and Youth Services seeks instructors for ballet, gymnastics, guitar and other performance arts. Call mil 337-5383, civ (0611) 705-5383 or stop by Building 07790 in Hainerberg Housing.

### ACAP update

The Army Career and Alumni Program offers pre-separation briefings and job assistance workshops Sept. 2-3. Call mil 337-5709 or civ (0611) 705-5709 for details. A Veterans Affairs benefits briefing will be held Aug. 28 from 9-11 a.m. Call mil 337-9332 for information.

## Unattended package shuts down APO service

By 1st Lt. Dena M. De Lucia  
Detachment A, 90th Postal Service Battalion

Anyone attempting to go to the Baumholder Army Post Office July 10 from noon to 5 p.m. may have noticed that they were unable to do so. In fact the Post Exchange, SATO, community bank, Hall of Champions, even the barber shop were unavailable at that time.

What would cause everything on post to shut down and put the Quick Reaction Force in motion? Simple: One unmarked, unidentified box left unattended on the floor of the lobby in the APO.

Because of current world conditions and threat levels, any unidentified, unattended box left in the APO will cause this sort of disruption to the Baumholder community. Many customers drove by angry that the APO was not open and would not reopen that day, but the simple fact is that the safety of the APO employees and others in the community takes priority and will continue to do so.

Remember when you visit the APO or anywhere on post for that matter to treat your personal items as if you were at the airport. Do not leave any package, suitcase or backpack unattended, or services will be shut down while the item is examined for its potential threat. Keep track of what you are mailing so the staff do not have to disrupt the community from its routine.

For more information call mil485-6618.



Photo by Ignacio "Iggy" Rubalcava

An APO customer mails a package at Baumholder's APO. The APO and several surrounding agencies recently closed because someone left an unmarked package unattended.

The following classes and programs are offered to family members by Army Community Service in the coming weeks:

### Craft classes

- Tie-Dyed Shirts, 9:30 to 11:30 a.m., ACS lounge

- Yo-Yo Angels, 9:30 to 11:30 a.m., Nuebrueke location

The Installation Volunteer Coordinator office offers organized volunteer instructed craft classes. This offers community volunteers an opportunity to come out and network with other volunteers to discuss issues relating to volunteering in the military community. Crafts will vary based on availability of volunteer instructor skill and the demand for the craft. For more information contact Army Community Service at mil485-8188 or civ(06783)6-8188.

### Surviving deployment

Aug. 28, 2 to 4 p.m.

This class provides a variety of coping methods and time management skills to military spouses and service members. It is designed to prevent physical and emotional abuse before, during and after deployments.

### Money management

Aug 20, 9 to 11 a.m.

Class participants will learn how to evaluate their present financial situation, establish personal goals, understand a balance sheet and income statement, develop a personal spending plan, and understand the importance of involving the entire family in the record keeping and budgeting process.

### Information table

Aug. 15, 2 to 4 p.m., post exchange

The installation volunteer coordinator will have an information table set up at the front entrance of the post exchange. The purpose

of this bimonthly information table is to get information out about volunteer opportunities in the Baumholder military community. This is also a way to increase the awareness of Baumholder Buddies, the neighbor volunteer program.

### Control anger

Aug. 26, 2 to 4 p.m.

This class helps participants learn what anger is, how to identify and recognize anger and what happens to a person's body, mind and spirit when they become angry. Participants can learn techniques to keep anger under control and the difference between "good" and "bad" anger. It also provide techniques for managing anger.

### Parent and tot play

Aug. 22, 25, 29, 10 to 11:30 a.m.

This class is an interactive play group designed to teach parents developmentally appropriate play and to help children improve their social, cognitive, and motor skills. The class is held every Monday, except holidays.

### Volunteer experience

Aug. 27, 9 a.m. to noon, ACS conference room

Volunteer experience is just as meaningful as paid work experience, but sometime we lack the knowledge on how to develop our volunteer experience into a marketable resource. This training will allow the participants to take volunteer experience and develop it into job related skills. Participants will also learn about the different types of resumes and which type of resume will support

job searching. The class lasts three hours.

### German cooking class

Aug. 28, 11 a.m. – 1 p.m. ACS kitchen

The Baumholder International Cooking Class features Rouladen making techniques. Participants will learn how to cook the typical German Rouladen dish consisting of thin slices of beef with a delicious filling. Typical side dishes will be discussed as well.

The class will explain German cooking methods, include tips for shopping on the economy, provide detailed recipes and translation aides.

Call ACS at mil485-8188 or civ(06783)6-8188 to register.

### Basics of investing

Aug. 27, 9 – 11 a.m.

The objective of this class is to provide participants with a fundamental understanding of investments and how to develop a suitable investment program to achieve their financial goals. Class participants will learn: the importance of financial goals, the importance of the time value of money, how to determine personal risk tolerance, how to identify investment risks, the objectives of various investment vehicles, how to match investments with personal goals and investment strategies to reduce risk.

### Relocation assistance

If your spouse is currently deployed but has received orders to relocate, don't delay planning and organizing your move. Family members can take care of many move-related tasks before the spouse returns to

Baumholder. The more you get done now, the less stressful your move will be.

The Baumholder Army Community Service invites all spouses to schedule individualized relocation planning consultations. Whether the service member is currently deployed or in Baumholder, spouses can obtain the same quality assistance as the service member. ACS will provide a comprehensive packet about the new location, as well as information to help organize a smooth move. Relocation assistance is available whether the move is a PCS move or the service member is retiring or separating from the Army.

Call ACS at mil485-8188 or civ(06783)6-8188 for information and to schedule an appointment.

### Employment readiness

The Employment Readiness Program at Baumholder Army Community Service offers an Employment Orientation Class Aug. 19 in the ACS lounge from 9 – 10:30 a.m. This class includes insights as to the employment opportunities in the Baumholder community. Participants will receive information concerning military spouse preference, defining federal and private sector opportunities, and application procedures, basic Resumex start-up information, and volunteer opportunities. This class will equip family members with the tools and resources needed to find employment within the community. For more information, contact Camille Jackson at mil 485-8188 or civ(06783)6-8188.

### Resume writing class

Aug. 28, 9 – 11 a.m.

This class will assist job seekers prepare and write a winning resume, cover letter,

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thank-you letter and follow up letter. This class will be offered the last Friday of every month from 9–11 a.m.

To sign up for classes or for more information contact Army Community Service at mil 485-8188 or civ (06783) 6-8188.

## **What every woman should know about personal finance and Investing**

**Aug. 26, 9 – 11 a.m.**

This class will give women the information they need to ensure their financial security and help them to reach their financial goals. It is helpful to women working with just a few dollars a week or with hundreds of dollars. Topics covered in this class include: getting control of your spending, reducing your debt, investing to reach your goals, information on teaching your children about money and other basic personal finance concepts.

## **Managing stress**

**Aug. 25, 2 – 4 p.m.**

Have a clear understanding of

what stress is and how it manifests itself throughout the mind and body. Each person will be able to identify their own stressor (what triggers their stress). Each person will be able to recognize their symptoms of stress (i.e. headache, irritable, back ache, poor concentration, etc.) Stress reduction and relaxation techniques will be taught.

## **International Spouses Club**

The next meeting for the International Spouses' Club and International Spouses' Support Group will be held on Tuesday, Aug. 19 from 10:30 a.m. - noon at the ACS lounge in Building 8746. Refreshments will be provided, children are welcome. The topic will be German Holidays - valuable information for everyone. Learn about German customs and culture. Find out when German holidays are celebrated, what their meaning is, and what activities Germans

pursue on the various holidays. You will receive a handout with dates so that you can avoid scheduling shopping or trips on days when Germany shuts down.

Everyone interested in learning about other cultures is invited to attend. For more information call mil 485-8188 or mil (06783) 6-8188.

## **NOW orientation**

Newly arrived spouses can learn about German customs and culture, the German and American communities in Baumholder, German shopping and dining out in Idar-Oberstein, and the local public transportation system. They are also introduced to the German language. The class concludes with a day of Army Family Team Building Level 1 class. It is a three day class from 8:30 a.m. – 2:30 p.m. Free childcare is available on a first come, first serve basis. Contact



## **More ACS classes**

## **Baby budget**

**Aug. 19, 9 to 11:30 a.m.**

This class will discuss the various costs associated with having a baby and how to plan for them. We will also discuss life insurance, living on one income, childcare expenses, and saving for college. This class is valuable to expectant individuals as well as those that plan on starting a family in the future.

## **Resolving conflict**

**Aug. 27, 2 to 4 p.m.**

Why do conflicts occur? Learn ways of dealing with conflicts both positive and negative. Recognize your own type of behavior during a conflict. Identify and work on communication skills.

Army Community Service for more information or to sign up for this class at mil 485-8188 or mil (06783) 6-8188.

## **German bills**

**Aug. 19, 9 a.m.**

This class will give information on various German bills including phone bills, electric bills, gas bills and water bills. Topics covered will include when and how to pay various German bills, the Utility Tax Avoidance Program, how to start a recurring payment option, and common terms used on German bills.



## Registration, safety top back-to-school list

*"The more students who register before the school year begins, the more teachers will be allotted to our schools." — Schools officer Gene Winfree*

### Register now

It may seem like we're still in the midst of summer's grip but the 2003–2004 school year is just around the corner. Students return to school Sept. 2, but there are still many parents who have not registered their children for the new school year.

Registration, which is now ongoing at all of Baumholder's schools, is important in that it helps determine the number of teaching positions for the school year.

"Waiting until the last minute to register seriously jeopardizes the quality of the teaching environment for all students," said Gene Winfree, 222nd Base Support Battalion schools officer. "The more students who register before the school year begins, the more teachers will be allotted to our schools," he said.

"Early enrollment allows us to plan and budget resources to ensure a quality education. Early enrollment of space required families allows us to plan and support contractors and space available families who contribute to the military mission. When we can accurately project the numbers of students who will be attending schools, we can adequately staff schools with the appropriate number of teachers. This ensures fewer disruptions for our children and helps us deliver a quality education in every community," said Frank X. O'Gara, public affairs officer for Department of Defense Dependents Schools-Europe.

"Some policies and practices regarding enrollment and eligibility have been changed for the coming year to improve customer service to all families and to establish uniform practices across the Europe area. These new policies focus on space availability and exceptions to the feeder plan," he said.

"We are also implementing a new online registration initiative. For the coming school year re-

***"The main message is that if parents haven't registered yet, the school is open and ready to help them finish this off."***

### Register online

For the coming school year re-



Photo by Ignacio "Iggy" Rubalcava

Students at Smith Elementary School help out with last year's Kiss and Ride program. The initiative expedited the traffic flow in front of the school and ensured that younger students could be safely picked up by their parents after school.

turning students must still re-register as in the past. The system is not yet set up to handle returning students. New families can access the registration process online by going to [www.eu.odedodea.edu/schoolregister.htm](http://www.eu.odedodea.edu/schoolregister.htm). They will also have to visit the school and bring a copy of their orders with them to verify eligibility," said O'Gara.

"In the next phase of the implementation, which will be for school year 2004-05, we will have the capability to re-register all students on line. That will dramatically change the way we do registration drives in 2004. Our goal is to move towards total online capability to improve efficiency and customer service to our families," he said.

"Online registration is not a perfect process yet and we've been having some significant problems with it. Best bet is for people to visit the site above and watch the notice at the above site to monitor when it is up and running again. Parents can also visit [www.eu.odedodea.edu/enroll.htm](http://www.eu.odedodea.edu/enroll.htm) for basic information about enrollment eligibility," said O'Gara.

"The main message is that if parents haven't registered yet, the

school is open and ready to help them finish this off. It's a quick and easy process and will really make a difference to the children come the first day of school," he said.

"DoDDS-Europe is committed to hosting a successful registration drive to improve services to our military and civilian families," said O'Gara. For more information call Winfree at mil 485-1770.

### Student wellness

The Baumholder Health Clinic and the Dental Clinic are hosting a back to school student wellness day Aug. 27. Health assessments, sports physicals and immunizations will be given at the health clinic on a walk-in basis from 8:30 a.m. to 3 p.m. and the dental clinic will perform dental screenings for children on a walk-in basis from 1-4 p.m. For more information call mil 485-73 12/6578 or civ (06783) 6-73 12/6578.

### School lunches

Applications for the 2003-2004 school year are being accepted at Army Community Service Mondays through Fridays in Building 8746, Room 3. All kindergarten and school-age children, including all Sure Start students are eligible for the program. Parents must provide proof of income such as sponsor's latest end of the month leave and earning statement/pay stubs for spouse's income, Kinder Geld payments, child support and appoint-

ment orders to the Baumholder community showing the student's name in order for ACS to determine eligibility.

Applicants may apply for the school lunch program after noon, but it is best if they can come during the morning hours.

For details call Donna Vielma at 485-8188 or mil (06783) 6-8188.

### Bus safety

On May 15 of this year, somewhere in Europe, a first-grade student got off the bus on the way home from school and looked for her mother. Her mother was waiting for her in a parked car across the street. The student saw her mother across the street and her mother indicated it was OK for her to cross the street. She left the bus stop, crossing in front of the bus. While crossing the street she was hit by a passing automobile and suffered a broken leg. The results of this incident could have easily been worse.

Remember, cars are not required to stop for school or city buses in Europe.

The accident was a terrible experience for everyone, the student, the parents, the school staff, other students who witnessed the incident and the student transporta-

tion office. "It makes us realize, once again, that we must emphasize the importance of safety to our children," said an administrator on the scene.

Children, especially those aged 5-9, are impulsive. They act without thinking. When they get off the bus and see you, they immediately want to go to you. If you indicate that the area between you and them is clear they will take the shortest, quickest route to you. They will not think about danger because you have indicated the area between you and them is clear of danger.

Parents picking up their children from the bus stop should not wait across the street. Wait for your child or children at the bus stop. After the bus departs the bus stop, make sure the way is clear and cross at a marked crosswalk.

Parents are urged to discuss the following bus safety information with their children:

- In Europe traffic does not stop for loading and unloading school buses. Never cross the street in front of or behind the bus.

- Get off the bus and take three giant steps away from the bus.

- Wait until the bus has departed the bus stop before crossing the street.

- When walking to the bus stop or home use only marked crosswalks to cross the street. Before crossing the street, stop, look left, look right, look left again and then cross the street continuing to look to your left and right.

### Safety tips

Parents should also help others to see their child while on their way to the bus stop or to school by putting reflective tape on bags and clothing.

***Remember, cars are not required to stop for school or city buses in Europe.***

Draw strings on clothing are dangerous because they can catch in school doors or seats.

Remove, shorten or replace them with another kind of fastener.

Children ages 5-7 should be escorted to and from bus stops by an adult.

Remember, most school transportation accidents and injuries involve children in grades kindergarten through second grade and occur going to or from the bus stop.



# 222nd BSB – Baumholder, Neubrücke, Strassburg



Photo by Bernd "Bernie" Mai

## Tap, tap, tap

Lt. Col. Jürgen Muhr (left to right), local training area commander, Volkmar Pees, Baumholder district mayor, Klaus Rickes, Baumholder mayor, and Fred Wegley, 222nd Base Support Battalion executive officer, perform a traditional keg tapping ceremony to officially kick off Baumholder's annual Old City Fest. The absence of American soldiers currently deployed to Iraq was noticeable, and the fest was not as crowded as in years past. Still more than 100,000 flocked to Range 35 that weekend for the annual ADAC Rallye.

## Youth Services

### Outings

Sept. 5, dining out Korean at Kaiserslautern, order off the menu, leave the Underground at 5:30 p.m.

Sept. 12, middle school dance at the Underground, \$3 for members, \$5 for nonmembers, 7 – 11 p.m.

Sept. 20, high school dance at the Teen Café, \$3 for members, \$5 for nonmembers, 7 – midnight.

Sept. 26, college night at the Underground, no cost, 6 – 8 p.m.

All Events are open for Youth Service members only and trips are tentative based on threat conditions.

### Volunteers needed

Youth Services is looking for volunteers, youth and adults, to assist with special interest clubs and sporting/recreational events. For more information contact your local youth center or visit Baumholder's youth web site at [www.baumholder.army.mil/youthsite/html/ys.htm](http://www.baumholder.army.mil/youthsite/html/ys.htm).

### Staff needed

Youth Services is looking for new staff members who are enthusiastic, motivated and proactive with teens.

### New activities

Homework and computer lab instructors are now offering programs throughout the year.

### Swimming classes

Swimming classes are offered for infants to 18-year-olds. The cost is \$45 for eight sessions. For more information call mil 485-7003.

### Martial arts

Chinese Goju classes are offered in Neubrücke every Monday and Thursday from 6 to 7 p.m. the cost is \$30 per month. For more information call mil 485-7003.

### Starting soon

Gymnastics and dance classes will soon be offered by Baumholder Youth Services. Watch for future advertising.

### Clubs

#### Torch Club

Torch Clubs are chartered small-group leadership and service clubs for boys and girls ages 11-13. A Torch Club is a powerful vehicle through which club staff can help meet the special needs of younger adolescents at a critical stage in their development.

Torch Club members learn to elect officers and work together to plan and implement activities in four areas: service to club and community, education, health and fitness and social recreation.

#### Keystone Club

Keystoning is the boys and girls movement's most dynamic teen

program. Keystone Clubs are chartered small-group leadership and service clubs for boys and girls ages 14-18.

Keystoners elect officers and plan and implement their own activities in six areas: service to club and community, leadership development, education and career exploration, unity, free enterprise and social recreation. Keystone Club members and their advisors are eligible for nomination to steering committees which organize regional and national Teen Supreme Keystone Conferences attended by thousands of Keystoners each year.

#### Teen Sports Club

The Teen Sports Club is a teen leadership group that promotes health, fitness and sports related careers in boys and girls clubs. Members meet on a regular basis to learn about issues inside and outside their club related to sports and fitness.

Club members ages 13-18 volunteer at least 25 hours as referees, coaches, or in other athletic department support roles. Club leaders can attend Sports Leadership Camps in each of Boys and Girls Clubs of America's five regions after the completion of their 25 volunteer hours.

For more information about club activities contact your local youth center.

## Commissary deli/bakeries close for in-house takeover

By Gerri Young

DeCA Europe Public Affairs Officer

Defense Commissary Agency-Europe commissaries with contractor-operated deli/bakery operations will close this service for one day on Aug. 31. This closure will allow DeCA Europe to transition from a contractor operation to an in-house operation.

"On July 29 our current contractor, Wolf GmbH, notified us of their intent to terminate the operating agreement as of the close of business Aug. 31," said Melvin Fox, operations chief for DeCA Europe. "Contractors for this type of operation are hard to come by in Europe so it has become necessary for us to take this operation in-house."

Up to and including Aug. 30 deli-bakery services will be business as usual for commissary customers. DeCA specialists will assume the operation at close of business that day and perform many essential tasks to transition from contractor operated to DeCA oper-

ated.

The 32 stores with contracted deli-bakery operations in Germany, Belgium, the Netherlands, Italy and the United Kingdom will reopen again on the next normally scheduled day. For seven-day stores this will mean reopening as normal on Sept. 1. For smaller stores, normally closed on Mondays, the deli-bakery operations will reopen normal hours beginning Sept. 2. The vast majority of the personnel will remain the same.

DeCA Europe officials recognized the impact of the one-day closure at this time. "Given a choice we would not have chosen to have this contract terminate on Aug. 31," stated Fox. "We realize the closure is close to payday, is on one of the biggest holiday weekends of the year, and that school starts for our children on Sept. 2. With all that in mind we're bringing in prepackaged meats and cheeses to try to fill the void and encourage shoppers to plan ahead," he said.

## ACS supports families

Army Community Service has scheduled the following deployment related support activities for Baumholder family members:

- Family Readiness Group Forum Aug. 21 from 10 a.m. – noon at the FRG building in Wetzel, Building 8876. Call ACS at mil 485-8188 to sign up.

- Deployment Support Group Meeting Aug. 27 at 9 a.m. at the Rheinlander Club.

- FRG Forum Sept. 18 from 10 a.m. – noon at the FRG Building in Wetzel, call ACS at mil 485-8188 to sign up.

- Deployment Support Group meeting Sept. 24 at 9 a.m. at the Rheinlander.

## Point of view

### Only stupid people get DUIs

Commentary by  
Gregory Pryor

Community Counseling Center  
prevention education  
coordinator

As I go around the community teaching classes on substance abuse prevention, I often ask participants why they think people get cited by officials for Driving Under the Influence. They tell me flat out that only stupid people get DUIs.

The problem is much more complex, but getting a DUI is based on a choice, the choice that comes with how much and how often a person drinks alcohol. Research indicates that individuals who practice high risk drinking behavior experience more impairment problems.

DUI is a common impairment

problem. The high risk drinking behavior is repeated many times before a person is actually arrested for DUI. Offenders risk losing the things that they value the most in life — family, career and freedom.

What can commanders, supervisors, families and friends do to reduce the rate of DUI in the community and promote low risk drinking choices? What is a low risk drinking choice? Moderation is a low risk choice — one to two drinks if daily and no more than three if less than daily, and never drinking more than one drink an hour.

Why should people elect a low risk drinking choice? To protect the things they value the most.